



# U.S. ARMY WAR COLLEGE

## LIBRARY NOTES

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### WOMEN AND WELLNESS

Compiled by Jenny Silkett  
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Women comprise 46.5 percent of the total labor force in the United States. In the Department of Defense, they are the fastest-growing group of veterans, and by 2020, will account for 20 percent of all veterans under the age of 45. Optimum health and fitness for women is in the national interest—on the battlefield, in the workplace, or at home.

For additional health-related information, please refer to the Library's *Post-Traumatic Stress Disorder*, compiled March 2008, and *Women in the Military*, compiled August 2009. Both are available on the Library's home page at <http://www.carlisle.army.mil/library/bibliographies.htm>.

This selected bibliography includes citations for books, documents, periodical articles, multimedia, sound recordings, and web sites. For your convenience, we have added USAWC Library call numbers, database links, and Internet addresses at the end of each entry. All URLs were accessed in September 2009.

For assistance, contact the Research and Information Services Branch, U.S. Army War College Library, by sending an e-mail message to [USAWC.LibraryR@us.army.mil](mailto:USAWC.LibraryR@us.army.mil) or by phoning DSN 242-3660 or Commercial (717) 245-3660.

### Books, Documents, Sound Recordings, and Internet Resources

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- CENTERS FOR DISEASE CONTROL AND PREVENTION collaborates to create the expertise, information, and tools needed to protect health—through health promotion, prevention of disease, injury and disability, and preparedness for new health threats. <http://www.cdc.gov>
- FOOD AND NUTRITION INFORMATION CENTER provides a practical directory of current resources for nutrition. <http://fnic.nal.usda.gov>
- HEALTH & WELLNESS RESOURCES offers information from Gale's Health & Wellness Resource Center about diseases, alternative medicine, drugs and herbal remedies. It also provides convenient links to My Health, TRICARE Online, MedlinePlus, and more. Army Knowledge Online (AKO) users will find it on the Self Service dropdown, linked under My Library. [AKO My Library](#)

HEALTH.GOV is a portal to the web sites of a number of multi-agency health initiatives and activities of the U.S. Department of Health and Human Services (HHS) and other federal departments and agencies. <http://www.health.gov>

HEALTHFINDER.GOV is a product of the U.S. Department of Health and Human Services. It contains more than 1,600 health-related topics, offers Online Checkups, a health assessment tool and quick guides to healthy living, and a services and information module by which users can locate physicians, health care centers, organizations or a public library to acquire health care information. <http://www.healthfinder.gov>

HEALTHIERUS.GOV is a national initiative to improve people's lives, prevent and reduce the costs of disease, and to promote community health and wellness. It provides information on physical activity, nutrition, preventive screenings, and safe choices. Included are links to other federal and non-governmental agencies, information about alcohol abuse prevention, consumer education, secondhand smoke, drugs, and mental health. [www.healthierus.gov](http://www.healthierus.gov)

MEDLINEPLUS is a service of the U.S. National Library of Medicine and the Institutes of Health. Health topics are organized by body location or systems, disorders and conditions. Of particular note are interactive tutorials for specific diseases or conditions. Categories for diagnosis and therapy, demographic groups, and health and wellness are included. <http://www.nlm.nih.gov/medlineplus/womenshealth.html>  
<http://www.nlm.nih.gov/medlineplus/healthtopics.html>

MYPYRAMID.GOV offers personalized eating plans and interactive tools to assist planning and assessing food choices based on the *Dietary Standards for Americans*. Podcasts are available for individuals on the go. <http://www.mypyramid.gov>

NUTRITION.GOV provides access to the best food and nutrition information from across the federal government. <http://www.nutrition.gov>

THE PRESIDENT'S CHALLENGE: ADULT FITNESS TEST measures aerobic fitness, muscular strength and endurance, flexibility, and body composition. <http://www.adultfitness.test.org>

SUICIDE PREVENTION information is available on the Army Deputy Chief of Staff's web page. Training resources for implementing the Army's Suicide Prevention Program include suicide prevention vignettes, and suicide prevention training scenarios in PDF, PowerPoint and multimedia formats. <http://www.armyg1.army.mil/hr/suicide/default.asp>

TRICARE ONLINE is a secure web portal which increases access to care for active duty or retired military personnel, and family members. Scheduling medical appointments and refilling prescriptions may be accomplished online. Retired personnel are offered access to My HealtheVet, a gateway to veteran health benefits and services. [www.tricareonline.com](http://www.tricareonline.com)

WOMENSHEALTH.GOV, from the National Women's Health Information Center, promotes health equity for women and girls. It educates health professionals and disseminates health information to motivate behavior change in consumers. <http://www.womenshealth.gov>